



New year, New me Challenge



START 2021 WITH A HEALTHIER YOU! COMPLETE DAILY CHALLENGES THAT ENCOURAGE EXERCISE, NUTRITION ADVICE, AND OVERALL WELLNESS

Complete 50% of January challenges and receive a **Free duffle bag** and 50% of February's challenges and receive a **Free pullover**

Pre/Post weigh-ins are required, to schedule an appointment please contact the Cvfekne Wellness Center @ (405) 234-5246

PLEASE WEAR FACEMASK

Throughout the challenge post as many pictures/videos of you completing the daily challenge to our facebook page **@Seminole Nation Diabetes Program**. Use hashtag **#SNDPCHALLENGEDME**. Winner will receive a **prize!**

18 YRS & OLDER
Must be Native American

When:
Registry Dates: Dec 15th-
Jan 8th

Challenge Dates: Jan 1st-
Feb 28th

HOW TO REGISTER:
Call or email to schedule a
date/time for registry

Contact info:
Dakota Fish: Exercise Specialist
Email: fish.d@sno-nsn.gov
(405) 234-5247
Kyla Harjo: Exercise & Lifestyle
Coach
Email: Harjo.k@sno-
nsn.gov(405)234-5246



Cvfekne Wellness Center 35445 HWY 59 Seminole,
OK 74868 Front desk: (405) 234-5246 Hours; Mon-
Fri 8AM-SPM.

